

Diabetes Update

May 7, 2009

Happy Mothers Day

Mother's Day is celebrated to honor all mothers and express gratitude for the hardships they bear in bringing up a child. Most countries including US, Australia, Canada and India celebrate Mothers Day on the second Sunday of May. Mothers Day came into being due to the efforts made by Ms Julia Ward Howe and Ms Anna Jarvis. The Resolution for having a dedicated Mother's Day was signed by US President Woodrow Wilson on May 8, 1914. Since then people across the world have been celebrating Mothers Day with joy and devotion. Read More...<http://www.mothersdaycelebration.com/>.

Health Advisory

Swine Flu Information for People with Diabetes

Please Read...http://www.cdc.gov/diabetes/news/docs/swine_flu.htm.

Educational Opportunities

A new training to educate healthcare providers on the Missouri Consensus Diabetes Management Guideline for is available online. Nurses, dieticians, physicians and diabetes educators are eligible to complete this training for CE or CME:
<http://www.dhss.mo.gov/diabetes/>.

Funding Opportunities

Government Funding: www.grants.gov.

Missouri Foundation for Health Funding: www.mffh.org.

American Diabetes Association Funding: www.diabetes.org.

National Institute of Diabetes and Digestive and Kidney Diseases Funding:
<http://www2.niddk.nih.gov/Funding/FundingOpportunities/>.

The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Diabetes Update, please email the request to our office at DiabetesMO@dhss.mo.gov.

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If you are interested in partnering with agencies or organizations within your community or building a diabetes coalition in your area please visit our website to access our Resource Kit at:
<http://www.dhss.mo.gov/diabetes/Introduction.html>.

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National Women's Health Week May 10-16, 2009

The 10th annual National Women's Health week kicks off on Mother's Day, May 10, and is celebrated through May 16. This year's theme is "It's Your Time". National Women's Health Week encourages women to take simple steps for a longer, healthier and happier life. Men should encourage the women in their life (wife, mother, daughter, sister, etc.) to make a commitment to their health by:

- Engaging in physical activity most days of the week;
 - Making healthy food choices;
 - Visiting a healthcare provider to receive regular check-ups and preventive screenings; and
 - Avoiding risky behaviors, like smoking and not wearing a seatbelt.
- Register for the WOMAN Challenge and the Check-up Day Pledge. Registration time for these events is minimal – less than five minutes each.

Take the Pledge – Go to www.womenshealth.gov/whw/check-up-day/ and join the hundreds of women who are taking the time to schedule at least one of the preventive health screenings recommended by their health care provider during May. You will only be asked to select your state (Missouri) – No personal information is requested.

Join the WOMAN Challenge (Women and girls Out Moving Across the Nation) – Embark on an eight-week challenge to encourage women to get at least two hours and 30 minutes of moderate-intensity physical activity each week. Participants will be able to go online and log their activity throughout the eight weeks, working towards three activity goals based on the amount of activity they log each week. Participants will also be able to track their progress to see how they measure up against others. To help reach their goals, participants will receive a weekly newsletter with fitness and nutrition tips. Participants must register online at <http://www.womenshealth.gov/woman/>.

For more information on National Women's Health Week, contact the Office on Women's Health at (573) 526-0445 or email: womenshealth@dhss.mo.gov.



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The FDA Safety Information and Adverse Event Reporting Program

Disetronic Medical Systems Inc. ACCU-CHEK Spirit Insulin Pump

Audience: Diabetes healthcare professionals, patients

Disetronic Medical Systems Inc. and FDA notified healthcare professionals about a defect in the “up” and/or “down” buttons of some ACCU-CHEK Spirit insulin pumps. This failure may present as an intermittent or complete loss of function of the “up” and/or “down” buttons. If the buttons do not function, users may not be able to change any programmed setting on the pump. If this failure occurs, the pump may not respond with a vibration or acoustic confirmation signal to a button press and the display will remain unchanged. Users may contact ACCU-CHEK Spirit hotline noted in the Press Release for a replacement pump or for any other questions regarding this potential defect.

Read the complete MedWatch 2009 Safety summary, including a link to the firm's press release, at:

<http://www.fda.gov/medwatch/safety/2009/safety09.htm#Spirit>.

Diabetes Recipe

Our Best Mother's Day Breakfasts

Moms deserve a big round of applause, a hug, and a hearty breakfast on their special day. When you want to say thank-you to a special mom in your life, get the day off to a delicious start with these yummy breakfast favorites like fruit-filled puff pancakes, veggie omelets, and walnut waffles made healthy. We love you, Mom!

- Cheesy Spinach Quiche
- Surprise Scrambled Eggs
- Fluffy Oat Bran Pancakes
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More Great Recipes at: <http://www.diabeticlivingonline.com/>.